JULY 2026

IQB

CHELSEA
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TIFFANY SIREN
BY LUIS GOMEZ

BRIGITTE SAUNDERS
BY WARREN ANDERSON

MISS TERRY
BY BRIAN LEWICKI PHOTOGRAPHY

NICOLE COOPER
BY LOLO FOTOS

KAYLEIGH WANLESS
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Marisa SANDOVAL
BY **LUIS GOMEZ**

IOB
INSIDE OUT BABES
MAGAZINE

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Marisa Sandoval

THE ART OF BUILDING A LIFE DEFINED BY PURPOSE, ELEGANCE, AND EMPOWERMENT

Before the word "empowerment" became a recurring trend in modern culture, there were women already living it—quietly transforming discipline into character, dreams into achievements, and authenticity into a powerful personal brand. Marisa Sandoval belongs to that generation of women who understand that success cannot be confined to a single definition. Instead, it is built through multiple dimensions that coexist in harmony.

Between the timeless sophistication of Madrid and the vibrant energy of Miami, Sandoval has crafted a remarkable journey where fashion, wellness, entrepreneurship, and female leadership naturally intersect. As a model, real estate professional, content creator, and founder of GlowFit by Marisa Sandoval, she represents a modern vision of glamour—one that extends far beyond aesthetics and is rooted in confidence, determination, and continuous self-growth.

In this exclusive cover feature for IOB Magazine, we meet a woman who finds beauty in authenticity, strength in consistency, and freedom in the ability to reinvent herself. Beyond the cameras, social media, and business ventures, Marisa shares an inspiring philosophy centered on holistic well-being, independence, and the belief that every woman has the power to create an extraordinary life when she chooses to trust herself, embrace her journey, and pursue her dreams without fear.

IOB Magazine: You've built a strong presence between Miami and Madrid while balancing modeling, fitness, and real estate. How have these different worlds helped shape the confident and empowered woman you are today?

Marisa Sandoval: Living between Miami and Madrid has allowed me to embrace the best of two cultures. Madrid keeps me connected to my roots, family values, and authenticity, while Miami inspires me to dream bigger, embrace opportunities, and constantly evolve.

Modeling taught me confidence and self-expression, fitness taught me discipline and resilience, and real estate gave me the entrepreneurial mindset and determination to build my own path. Together, these experiences have shaped me into a strong, independent woman who believes in continuous growth and never stops challenging herself.

IOBM: Lingerie is often associated with confidence, femininity, and self-expression. What does feeling beautiful and confident mean to you personally?

MS: For me, true beauty begins from within. Feeling confident is not about perfection or meeting society's expectations—it's about embracing who you are, appreciating your strengths, and feeling comfortable in your own skin.

Lingerie can be a beautiful expression of femininity because it's something you wear for yourself. When a woman feels confident, empowered, and authentic, that energy shines through far more than any outfit ever could.

IOBM: Your social media reflects a lifestyle centered around wellness, elegance, and self-care. What daily habits help you maintain both your physical and mental well-being?

MS: Consistency is my secret. I prioritize regular exercise, healthy nutrition, proper hydration, and quality sleep. Equally important is maintaining a positive mindset, practicing gratitude, and surrounding myself with people who inspire and support me.

My passion for wellness led me to create GlowFit by Marisa Sandoval, a platform focused on helping women become stronger, healthier, and more confident through nutrition, workouts, Ballet Fit, motivation, and sustainable lifestyle habits.

IOBM: Many women admire your dedication to fitness and personal growth. What advice would you give to someone who is working to build confidence and embrace their authentic self?

MS: My advice is simple: stop comparing

yourself to others and focus on becoming the best version of yourself.

Confidence is built through small daily actions. Every healthy choice, every challenge you overcome, and every promise you keep to yourself strengthens your self-esteem. Authenticity comes when you stop seeking validation from others and start trusting your own journey.

IOBM: As someone active in both the real estate industry and the modeling world, how do you balance business professionalism with the glamour and creativity of fashion?

MS: I believe both industries complement each other beautifully. Real estate requires professionalism, knowledge, and credibility, while modeling allows me to express creativity and connect with people through storytelling and visual communication.

In both worlds, personal branding, confidence, and authenticity are essential. I strive to maintain a professional image while still embracing creativity and individuality.

IOBM: Your style is both sophisticated and feminine. How would you describe your personal aesthetic, and what inspires your fashion and beauty choices on and off camera?

MS: I would describe my style as feminine, elegant, sophisticated, and timeless.

I love fashion that enhances natural beauty while remaining classy and effortless. My inspiration comes from classic European elegance combined with the vibrant energy and modern glamour of Miami. Whether I'm in front of the camera or attending a business meeting, I believe confidence is always the best accessory.

IOBM: Looking ahead, what exciting goals, projects, or dreams are you most passionate about pursuing in the next chapter of your career?

MS: I'm excited to continue growing both personally and professionally. One of my biggest goals is expanding GlowFit by Marisa Sandoval into an international community that empowers women to improve their health, confidence, and overall well-being.

I also plan to continue growing my real estate career, helping clients and investors discover opportunities in international markets, while expanding my presence in media, modeling, and lifestyle projects.

Ultimately, my greatest goal is to inspire women to believe in themselves, pursue their dreams fearlessly, and create lives filled with purpose, confidence, wellness, and freedom.

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💪 GlowFit by Marisa Sandoval:
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MARISA SANDOVAL
Founder of GlowFit
by Marisa Sandoval
Realtor | Model | Fitness
Entrepreneur | Content Creator

"TRUE BEAUTY BEGINS FROM WITHIN."

CHELSEA HALEY

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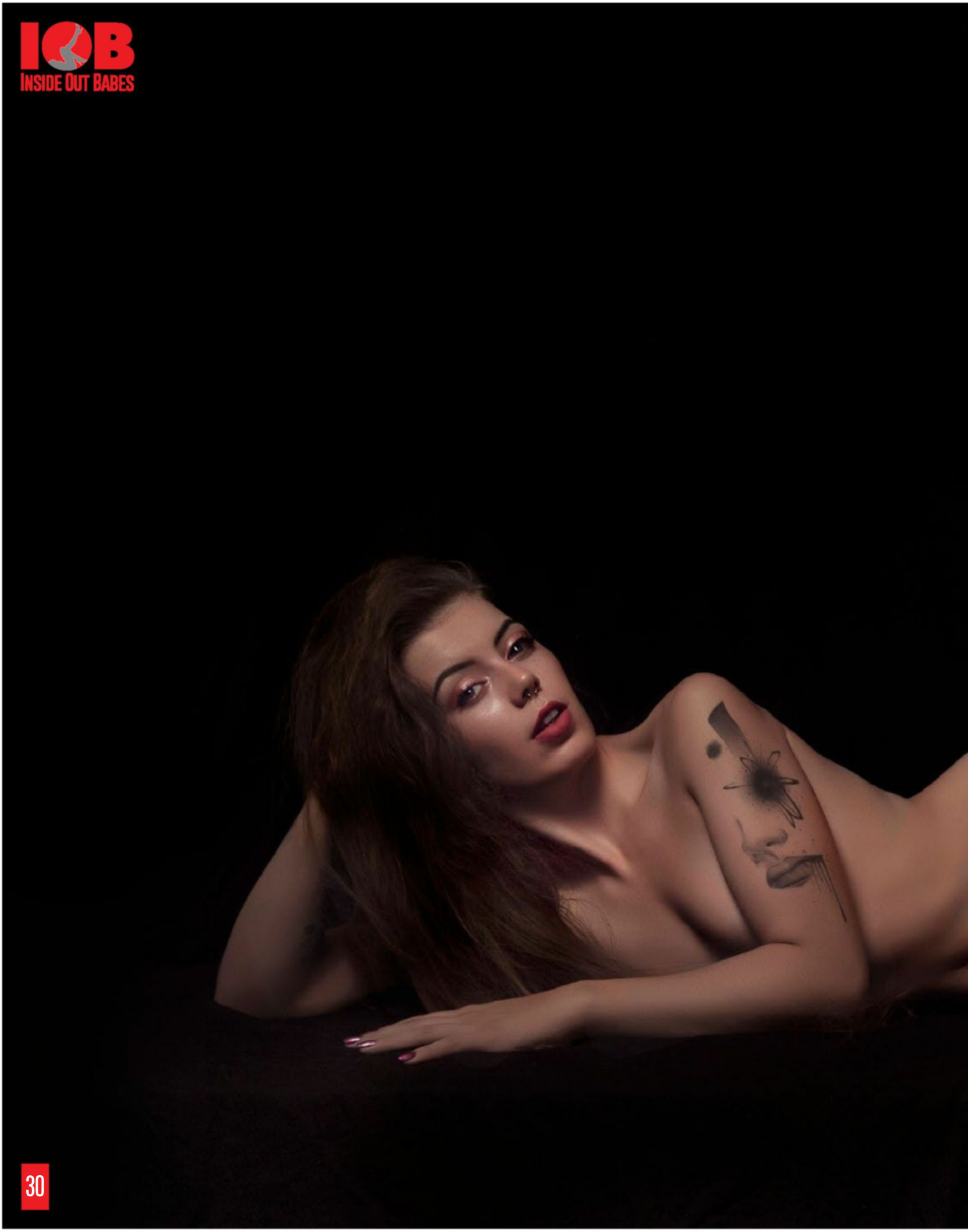

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WHAT IS DONE WITH PLEASURE,
ENJOY WITHOUT GUILT

BLACK WIDOW

MAGAZINE

Brigitte Saunders

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•Lingerie
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